

The PMHP in 2016 (January – June)



Services



Training



Research



Advocacy



Organisational
development

Key measures of success

Service delivery



- 2, 027 women received information about mental health across 3 sites
- 85% of those attending their first antenatal visit were screened for mental health problems
- 31% of those screened were offered counselling or referral to other resources

Annual target

- 4,500 women receive information about mental health across 3 service sites
- 80% are screened for mental health problems
- 20% of those screened are offered counselling or referral

Training



- 13 training packages were offered to health and social service providers (in-service, undergrad and postgrad)
- 264 health/social development participants were trained face-to-face
- 48 community care workers were trained face-to-face

Annual target

- 20 training packages
- 500 health /social development participants
- 100 community care workers

Research



- 5 academic journal publications
 - Predictors of alcohol and substance use among pregnant women
 - Antenatal depression and adversity in SA
 - Breastfeeding – are we making progress?
 - Integrating mental health into SA health system
 - Maternal mental health in primary care in five low and middle income countries
- 3 academic presentations
- Screening tool development study (ongoing)
- Evaluation of impact of PMHP distance learning book “Maternal mental health” (ongoing)
- Collaboration with University of Freiburg, Germany and PUNGH network (Pan University Network for Global Health) for adapting and evaluating PMHP “Secret History” training method in other countries

Annual target

- Publication of 2 academic/research papers to peer-reviewed publications
- Findings presented at 3 academic and professional health symposia
- Collaboration with partners on maternal mental health research

Advocacy / social media



1.8k followers



420 likes



754 visitors



15k page views

- 31% increase in Twitter followers
- 21% increase in Facebook likes
- 12% increase in LinkedIn connections
- 168% increase in visitors to the PMHP blog
- 83% increase in page views on the Website

Annual target

- Evidence of increased organisational visibility and credibility via social and traditional media, and campaigns

Advocacy

- Postnatal Care policy (West Cape) formally ratified - includes significant amounts of PMHP advisory and content
- Member of Parent Infant and Child Health (PICH) Wellness Workgroup – supporting several “First 1000 Days” projects of the Department of Health
- Strategic and content support for “Maternal and Child Mental Health Screening and Management Pilot Project” in Khayelitsha
- Technical input provided to Mother and Baby Friendly Hospital Initiative
- Department Social Development renewing contract for PMHP to train social workers from the metro region and rural districts in maternal mental health
- Member of World Maternal Mental Health Day campaign global task team

Annual target

- Evidence of strategic collaborations, Government Department / Civil society participation or consultations towards integrating PMHP model components into public health care programmes and implementation of policy changes

Organisational development



- New donors and multi-year grants procured
- Strategic visioning process facilitated by external consultant
- Sustainability strategy developed
- Board meeting held
- Staff training, professional development and capacity building
- Regular staff support to prevent burnout
- Increased income from fees for consultancy and training secured

Annual target

- Strategic plan is on track
- Streamlined monitoring and evaluation of all programmes developed
- Staff trained and supported